



Quitting tobacco may feel like a never-ending cycle, but this November 20 you have a reason to quit for good. The American Cancer Society's Great American Smokeout® is a chance to quit for a day – and then a lifetime. When you call or enroll online, a Quit Coach® staff member will work with you to change your behaviors and support you to become tobacco free. When you join the program, you may be eligible to receive 8 weeks of free NRT, which includes a choice of patch, gum, or lozenge.

1.800.QUIT.NOW | www.quitlineiowa.org
(1.800.784.8669)



QUITLINE IOWA
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